



FRESHMAN 15

Are you watching what you eat? Do you get enough daily exercise. The habits you make now can affect you in the future. In a survey taken from college freshman, the average weight change between the students was 8 pounds. Freshman year is a time of change and transition. In order to transition into a healthy adult, you must achieve daily exercise and a healthy balanced diet. If you need further information, visit the campus recreational center and talk to a fitness trainer.

